



December 2015

Monthly Health Topic: Stress Management

Featured Wellness Activities

- Download the Sources of Stress Worksheet
- Book Club Selection – *Thrive: The Third Metric to Redefining Success and Creating a Life of Well-Being, Wisdom and Wonder* by Arianna Huffington
- Webinar – Vinyasa Yoga for Flexibility, Strength and Relaxation
- Web Tool: App-Calm or calm.com

November National Observances

- National drunk and drugged driving prevention
- Safe toys and gifts
- *A complete list of observances can be viewed at healthfinder.gov/NHO*

Redemption Center

- Points must be redeemed by 11:59 p.m. on December 31, 2015.
- Point balances will reset to zero effective at 12 a.m. on January 1, 2016.
- Points for programs offered from July 1 to present will be loaded after January 1.

Health Assessment

- Watch for more information regarding the 2016 Health Assessment completion requirements in the January newsletter and during the January Wellness Coordinator webinar.

Mark Your Calendar

- December 2: [Wellness Coordinator Monthly Meeting](#)
- Registration opens soon for the 2016 Wellness Coordinator Monthly Meetings.

Share With Your Colleagues

- Newsletter
- Eblast Poster

Quick Links

[Sanford Health Plan | Dakota Wellness Program](#)
[Home Page for NDPERS - North Dakota Public Employees Retirement System](#)

Contact Us

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